ALBURY — WODONGA SOCCER ASSOCIATION

YEAR BOOK

1980 SEASON

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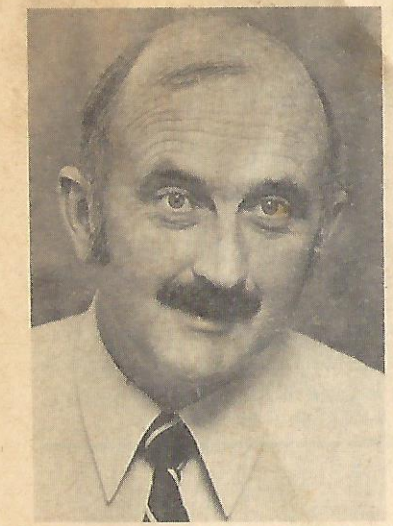
Steve & Rita Lalogiannis wish the Soccer Association Every Success.



Bill Graham
President
(Photo Courtesy of Border Morning Mail)

PRESIDENT'S MESSAGE

Season 1980 for the AWSA promises to be a year of outstanding progress for Soccer in the Border District.

The newer Clubs have now stabilized and the Foundation Clubs can be proud of their earlier efforts in making the code as strong as it is today.

The incoming Committee of the AWSA has worked tirelessly in setting up the season to function smoothly and now it is up to the Clubs to play the game. All members have approached their individual tasks with the sole aim of providing all Clubs with equal consideration in all problems that always occur in pre-season planning.

Several sponsors have acknowledged the ability of the AWSA Committee and have generously sponsored us with their backing. This support together with the co-operation of Club Treasurers has enabled the AWSA Treasurer to place the Association in the best financial position we have been in for a long time.

This year our Clubs have emerged with extremely strong committees and I am happy to say that the Presidents of all Clubs are communicating with each other in a manner that can only improve the function of the Association and in doing so strengthen their own Club.

To all supporters of Soccer I wish you a successful and enjoyable season and thank you for the support you have given the 1980 committee.

BILL GRAHAM
President

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President:
Bill Graham
717 Jones Street, Albury. Phone: 21 6339

Vice President:
George Travassaros
115 Baranbal Way, Springdale Heights 2641
Phone: 25 3254

Secretary:
Ian Barker
P.O. Box 693, Albury 2640
Phone: 21 2714 (bus.), 21 2671 (home)

Treasurer:
Manfred Bartasek
611 Electra Street, Albury 2640
Phone: 21 2826

Recorder:
Bob Walsh
352 Dick Road, Lavington 2641
Phone: 25 2562

Registrar:
Hans Winter
358 Union Road, North Albury 2640

Disputes Chairman:
Bob Richter
66 Cardo Drive, Springdale Heights 2641
Phone: 21 3460 (bus.)

Rep. Team Co-ordinator:
Ron Cotterill
496 Kemp Street, Lavington 2641
Phone: 25 4201

Publicity Officer:
Ross Newman
125 Boronia Street, Albury 2640
Phone: 25 2400

Minute Secretary:
Bob Cronin
Jindera. Phone: 26 3290

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Riverina Delegates:

Ernst Muellner
530 Hicks Place, Albury 2640
Graham Gebbels
947 Waugh Road, Albury 2640
Phone: 25 3250

Referees Delegate:

John King
C/o Murray Valley Motel, Wodonga 3690
Phone: 24 1131

Referees Representative:

W. Mills
32 Ash Road, Hume Weir, N.S.W.
Phone: 21 2122

Referees Association Secretary:

David Pearman
9 Gem Place, Lavington 2641
Phone: 25 5680

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Wishing the soccer association every success for the season.

CLUB SECRETARIES 1980

Albury Hotspurs:
Geoff Fairhall
267 Bernhardt Street, Albury
Phone: 21 6010

Melrose Park Rangers:
John Stevens
435 Dale Crescent, Lavington 2641
Phone: 25 3462

Myrtleford:
Miss N. Caponecchia
P.O. Box 196, Myrtleford, Vic.
Phone: (057) 52 1451

Wodonga City:
L. Madjeric
16 Melrose Drive, Wodonga 3690
Phone: 24 3834

Twin City Wanderers:
H. Van Gervan
18 Gilbert Street, Wodonga 3690
Phone: 24 2533

Wangaratta City:
Mrs. C. Gaasbeek
25 Scott Street, Wangaratta, Vic.
Phone: (057) 21 3974

St. Patricks:
David Hamilton
25 Golfview Drive, Albury 2640
Phone: 21 1423

West Wodonga:
Dianne Storer
C/o P.O. Box 642, Wodonga 3690
Phone: 23 0211 (bus.)

Wodonga Diamonds:
Phil Burgess
8 Schubert Crescent, Wodonga 3690
Phone: 24 4701

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480 Macauley Street, Albury 2640
Phone: R. Walsh 25 2562

Albury United:
C. Salome
423 Kokoda Street, Albury 2640
Phone: P. Bannister 25 1674

Lavington:
Glenda Sheumack
P.O. Box 100, Albury 2640
Phone: 25 2153

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Bernie Mylon wishes all Players Every Success.

WET WEATHER COMMITTEE

N.S.W. — G. Travassaros
Vic. — John King

On days that wet weather threatens the scheduled programme all grounds will be inspected by the respective state committee person and a decision on play will be made by 8 a.m. on the day of play.

Should transfer of games be necessary the committee will notify the "HOME" team of the transfer to another ground; it then follows that this team is responsible for placing at their ground a notice and a person, both of whom will notify the visiting team of the change of venue. All transferred or cancelled games will be broadcast over Albury Radio 2AY and Wangaratta Radio 3NE at 8.30 a.m. on the Sunday morning.

All home teams will remain responsible for the marking, placement of nets, crowd control, and catering when playing at their own ground or on the ground nominated by the Wet Weather Committee in the event of necessary transfer.

In the event of any game or games being postponed due to weather, the matches cancelled must be played on the first Saturday following the day of cancellation, or by arrangement with the fixtures committee.

Should any ground be known to be unplayable on the Saturday preceding the scheduled match it is the responsibility of the home club to notify the Wet Weather Committee — phone: 25 3254 — who must authorise any variation of date or venue.

The Referees Association will take its instructions solely from the Wet Weather Committee.

RESULTS

Club Secretaries must phone all club results EVERY WEEK to Bob Walsh — (Albury) 25 2562 — between 6.00 p.m. and 7.00 p.m. on the day of matches (Saturday or Sunday). Failure to relay results will leave clubs liable to a fine and forfeit of match points.

FIXTURES COMMITTEE

Bill Graham
Peter Paterno
L. Madjeric

KICK OFF TIMES 1980

UNDER 16 — 9 a.m.
UNDER 10 — 10.30 a.m.
UNDER 12 — 11.20 a.m.
UNDER 14 — 12.20 p.m.
RESERVES — 1.30 p.m.
SENIORS — 3.15 p.m.

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■ *LUFKIN . . .*

THE OLYMPIC GOLD

OFFICIAL SUPPLIERS OF MEASURING TAPES TO THE OLYMPIC TEAM IN MOSCOW.

The Management & Staff are Pleased to Support Local Soccer & wish all Players Every Success.

FIXTURES
Season 1980

Key to Fixture Abbreviations

MPR = Melrose Park Rangers
StP = St. Pats
CIT = Albury City
DIA = Wodonga Diamonds
MYR = Myrtleford Savoy
WCT = Wodonga City
TCW = Twin City Wanderers
UNI = Albury United
HOT = Albury Hotspurs
LAV = Lavington Boomers
WNG = Wangaratta City
WWD = West Wodonga

1. Sunday 16th March

MPR . . TCW **
StP . . UNI **
CIT . . HOT **
DIA . . LAV **
MYR . . WNG
WCT . . WWD

2. Sunday 23rd March

TCW . . MYR
WNG . . MPR
UNI . . DIA **
StP . . LAV
HOT . . WCT
WWD . . CIT

3. Sunday 30th March

MPR . . StP ##
CIT . . DIA
MYR . . WCT
TCW . . UNI
HOT . . LAV **
WNG . . WWD

Sunday 6th April
Monday 7th April

Easter.
Fabris Cup.
No Comp. Games.

4. Sunday 13th April

WCT . . MPR ((
StP . . DIA **
MYR . . CIT
WWD . . TCW
UNI . . LAV ##
HOT . . WNG ++

5. Sunday 20th April

TCW . . StP ((
UNI . . MPR ++
HOT . . DIA ##
LAV . . CIT **
WNG . . WCT
WWD . . MYR

6. Sunday 27th April

MPR . . LAV ##
DIA . . TCW **
StP . . WWD ++
WCT . . UNI
CIT . . WNG ((
MYR . . HOT

Friday 25th April

Anzac Tournaments.

7. Sunday 4th May

DIA . . MPR
StP . . MYR ##
WCT . . CIT ((
LAV . . TCW **
UNI . . WNG ++
WWD . . HOT

Sunday 11th May

Riverina Cup Round 1.
Rep. Matches.
No Local Comp.

Sunday 18th May

Riverina Cup Round 2.
Rep. Matches.
No Local Comp.

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8. Sunday 25th May
MPR . . CIT ##
WCT . . StP
DIA . . MYR ((
TCW . . HOT **
LAV . . WNG ++
WWD . . UNI

9. Sunday 1st June
CIT . . UNI **
StP . . HOT ##
MYR . . LAV
DIA . . WNG
MPR . . WWD ++
WCT . . TCW ((

10. Sunday 8th June
HOT . . MPR **
TCW . . CIT ##
WNG . . StP
UNI . . MYR ((
WWD . . DIA
LAV . . WCT ++

Sunday 15th June
Monday 16th June
Stavros Cup.
No Local Comp.

11. Sunday 22nd June
MPR . . MYR ((
DIA . . WCT
CIT . . StP ##
TCW . . WNG
LAV . . WWD ++
HOT . . UNI **

12. Sunday 29th June
TCW . . MPR ((
UNI . . StP ##
HOT . . CIT ++
LAV . . DIA **
WNG . . MYR
WWD . . WCT

13. Sunday 6th July
MYR . . TCW
MPR . . WNG ++
DIA . . UNI ((
LAV . . StP **
WCT . . HOT
CIT . . WWD ##

14. Sunday 13th July
StP . . MPR ##
DIA . . CIT ((
WCT . . MYR
UNI . . TCW **
LAV . . HOT ++
WWD . . WNG

15. Sunday 20th July
MPR . . WCT ((
DIA . . StP **
CIT . . MYR ++
TCW . . WWD
LAV . . UNI ##
WNG . . HOT

16. Sunday 27th July
StP . . TCW ##
MPR . . UNI **
DIA . . HOT ((
CIT . . LAV ++
WCT . . WNG
MYR . . WWD

17. Sunday 3rd August
LAV . . MPR ++
TCW . . DIA **
WWD . . StP
UNI . . WCT ((
WNG . . CIT
HOT . . MYR ##

18. Sunday 10th August
MPR . . DIA **
MYR . . StP
CIT . . WCT ((
TCW . . LAV ##
WNG . . UNI
HOT . . WWD ++

19. Sunday 17th August
CIT . . MPR **
StP . . WCT ++
MYR . . DIA
HOT . . TCW ##
WWD . . UNI
WNG . . LAV ((

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AT A PRICE YOU CAN AFFORD
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Vince Pica (Lavington Coach) offers you Personal Service and wishes all Clubs Good Luck.

20. Sunday 24th August

UNI . . CIT **
HOT . . StP ##
LAV . . MYR ++
WNG . . DIA
WWD . . MPR
TCW . . WCT ((

21. Sunday 31st August

WCT . . LAV
CIT . . TCW
StP . . WNG ++
MYR . . UNI
DIA . . WWD ((
MPR . . HOT ##

22. Sunday 7th September

MYR . . MPR
WCT . . DIA ((
StP . . CIT **
WNG . . TCW
WWD . . LAV
UNI . . HOT ##

1. Symbols indicate that the entire round of the grade symbolised will be played on the No. 2 pitch of the 'Home Club' thus:— ** Under 8A, ## Under 8B, ++ Under 10/12, ((Ladies.
2. The draw for these grades will be made upon receipt of team nominations.

1980 END OF SEASON ARRANGEMENTS WITH SUGGESTED GROUNDS

Sunday 14th September

Champion of Champions Round 1		Kelly Park
AWSA Cup Round 1		
A	5 . . 9	5
B	6 . . 10	6
C	7 . . 11	7
D	8 . . 12	8

Sunday 21st September

AWSA Cup Quarter Finals		
E	1 . . winner A	1
F	2 . . winner B	2
G	3 . . winner C	3
H	4 . . winner D	4

Sunday 28th September

I	winner E . . winner G	Jelbart (City)
J	winner F . . winner H	Lambert

Sunday 5th October

AWSA Cup Final		
K	winner I . . winner J	Diamond Park

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SUSAN HINES SALON

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- PERSONAL ON-SITE SUPERVISION ASSURED

Gordon Ried wishes all Players Every Success.

UNDER 8A DRAW SEASON 1980

			VENUE
B. March 23	DIA . . UNI	10 a.m.	Jelbart Park
	StP . . LAV	11 a.m.	Jelbart Park
	HOT . . MPR	noon	Jelbart Park
	TCW . . CIT	1 p.m.	Jelbart Park
C. March 30	DIA . . StP	10 a.m.	Glen Park
	UNI . . LAV	11 a.m.	Glen Park
	TCW . . HOT	noon	Glen Park
	MPR . . CIT	1 p.m.	Glen Park
D. April 13	StP . . TCW	10 a.m.	Aquinas
	DIA . . HOT	11 a.m.	Aquinas
	LAV . . MPR	noon	Aquinas
	CIT . . UNI	1 p.m.	Aquinas
E. April 20	TCW . . UNI	10 a.m.	Glen Park
	StP . . HOT	11 a.m.	Glen Park
	LAV . . CIT	noon	Glen Park
	MPR . . DIA	1 p.m.	Glen Park
F. April 27	LAV . . HOT	10 a.m.	Diamond Park
	DIA . . TCW	11 a.m.	Diamond Park
	UNI . . MPR	noon	Diamond Park
	StP . . CIT	1 p.m.	Diamond Park
G. May 4	StP . . MPR	10 a.m.	Glen Park
	LAV . . TCW	11 a.m.	Glen Park
	UNI . . HOT	noon	Glen Park
	DIA . . CIT	1 p.m.	Glen Park

Thence

A.	May 25	Kelly Park
B.	June 1	Jelbart
C.	June 8	Lambert
D.	June 22	Lambert
E.	June 29	Glen Park
F.	July 6	Aquinas
G.	July 13	Jelbart
A.	July 20	Diamond
B.	July 27	Melrose
C.	August 3	Kelly Park
D.	August 10	Melrose
E.	August 17	Jelbart
F.	August 24	Jelbart
G.	September 7	Aquinas

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SHIRTS — KNITWEAR — SWIMWEAR
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1979 SEASON RESULTS

SENIORS FINAL

1	City	22	16	6	—	83: 15	38
2	T.C.W.	22	17	3	2	56: 23	37
3	Diamonds	22	14	6	2	67: 31	34
4	Wangaratta	22	13	5	4	64: 37	31
5	Hotspurs	22	11	4	7	45: 34	26
6	Myrtleford	22	8	6	8	49: 39	22
7	United	22	9	3	10	34: 23	21
8	West Wodonga	22	9	2	11	52: 44	20
9	Melrose	22	7	2	13	29: 46	16
10	Wodonga City	22	5	2	15	26: 84	12
11	St. Pats	22	3	1	18	14: 99	7
12	Lavington	22	—	—	22	0: 44	0
						519:519	

RESERVES FINAL

1	T.C.W.	22	19	1	2	105: 22	39
2	Myrtleford	22	16	4	2	76: 20	36
3	Wangaratta	22	12	5	5	41: 25	31
4	United	22	11	6	5	68: 20	28
5	Hotspurs	22	12	1	9	46: 35	25
6	West Wodonga	22	10	5	7	56: 53	25
7	City	22	10	4	8	52: 32	22
8	Melrose	22	9	3	10	40: 44	21
9	St. Pats	22	4	5	13	28: 59	13
10	Lavington	22	5	1	15	21: 64	12
11	Wodonga City	22	4	2	16	17: 72	10
12	Diamonds	22	1	—	21	15:119	2
						565:565	

U/16 FINAL

1	Wangaratta	22	21	1	—	73: 2	43
2	Melrose	22	20	1	1	72: 9	41
3	Wodonga City	22	13	3	6	44: 34	29
4	Diamonds	22	14	1	7	43: 33	29
5	United	22	11	5	6	36: 27	27
6	Lavington	22	11	2	9	52: 55	24
7	St. Pats	22	12	—	10	39: 55	24
8	Myrtleford	22	10	3	9	27: 36	23
9	City	22	3	—	21	9: 39	6
10	Hotspurs	22	—	—	22	0: 34	0
11	West Wodonga	22	—	—	22	0: 34	0
12	T.C.W.	22	—	—	22	1: 38	0
						396:396	

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U/14 FINAL

1	T.C.W.	22	19	1	2	91: 18	39
2	Diamonds	22	18	1	3	74: 15	37
3	United	22	18	—	4	101: 21	36
4	Melrose	22	17	2	3	89: 22	36
5	Wangaratta	22	13	2	7	72: 35	28
6	City	22	10	3	9	70: 31	23
7	St. Pats	22	9	2	11	68: 57	20
8	Myrtleford	22	8	3	11	40: 40	19
9	Wodonga City	22	3	3	16	44: 67	9
10	Lavington	22	4	1	17	34:114	9
11	Hotspurs	22	3	2	17	21: 86	8
12	West Wodonga	22	—	—	22	0:198	0
						704:704	

U/12 FINAL

1	Melrose	22	18	4	—	111: 5	40
2	T.C.W.	22	18	2	2	117: 10	38
3	Hotspurs	22	17	3	2	119: 11	37
4	Diamonds	22	15	4	3	88: 13	34
5	St. Pats	22	13	3	6	61: 38	29
6	United	22	11	1	10	51: 46	23
7	Wangaratta	22	8	4	10	70: 76	20
8	Myrtleford	22	7	2	13	30: 65	16
9	Lavington	22	7	1	14	51: 88	15
10	City	22	3	1	18	7:139	7
11	West Wodonga	22	3	1	18	7:177	7
12	Wodonga City	22	—	—	22	0: 44	0
						712:712	

U/10 FINAL

1	Lavington 'A'	22	21	—	1	86: 6	42
2	Hotspurs	22	20	—	2	107: 5	40
3	United	22	17	—	5	81: 32	34
4	T.C.W.	22	13	3	6	73: 24	29
5	Diamonds	22	10	5	7	45: 25	25
6	Myrtleford	22	10	5	7	41: 34	25
7	Wodonga City	22	7	5	10	42: 53	19
8	Wangaratta	22	8	3	11	27: 54	19
9	St. Pats	22	7	3	11	44: 45	17
10	Melrose	22	6	1	15	21: 66	13
11	West Wodonga	22	2	1	19	6: 93	5
12	Lavington 'B'	22	—	—	22	1:137	0
						574:574	

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ROUND 22 FINAL 8th SEPTEMBER 1979

U/8A

1	Lavington	21	19	—	2	83: 2	40
2	Hotspurs	21	15	1	5	68: 13	33
3	City	21	12	2	7	40: 30	26
4	Melrose	21	9	7	5	31: 21	25
5	United	21	8	1	12	21: 42	17
6	St. Pats	21	6	4	11	15: 42	16
7	T.C.W.	21	2	4	15	14: 70	8
8	Diamonds	21	1	3	17	8: 60	5
						280:280	

2nd DIVISION FINAL TABLE
9th SEPTEMBER 1979

U/10B

1	Hotspurs 'B'	17	12	4	1	31: 7	28
2	Hotspurs 'C'	17	8	5	4	25: 16	21
3	United 'B'	18	5	5	8	16: 24	15
4	United 'C'	18	1	4	13	11: 36	1
						83: 83	

U/12B

1	T.C.W.	18	12	3	3	31: 16	27
2	Melrose	18	13	—	5	38: 14	26
3	Hotspurs	18	8	3	7	22: 25	19
4	Lavington	18	—	—	18	1: 37	0
						92: 92	

U/8B

1	Pirates	19	12	3	4	42: 15	27
2	Chiefs	19	13	1	5	57: 31	27
3	Cowboys	18	12	2	4	39: 14	26
4	Hotspurs	18	11	3	4	45: 13	25
5	Rockets	18	10	4	4	34: 18	24
6	T.C.W. 'B'	19	9	2	8	22: 24	20
7	United	19	6	2	11	14: 38	14
8	T.C.W. 'C'	19	5	3	10	25: 38	13
9	Melrose 'B'	18	4	4	10	15: 39	12
10	St. Pats	10	3	3	4	9: 9	9
11	City	19	1	3	14	4: 50	5
12	Melrose 'C'	10	1	2	7	8: 25	4

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LEAGUE HONOURS 1974-1979

Season	Winners	Runners-up
SENIORS		
1974	Twin City Wanderers	Albury City
1975	Albury City	Melrose Park Rangers
1976	Albury City	Wodonga Diamonds
1977	Wodonga Diamonds	Myrtleford
1978	Albury City	Twin City Wanderers
1979	Albury City	Twin City Wanderers
UNDER 16		
1974	Twin City Wanderers	Albury Rovers
1975	Twin City Wanderers	Albury Hotspurs
1976	Twin City Wanderers	Albury United
1977	Melrose Park Rangers	Albury Hotspurs
1978	Albury Hotspurs	Twin City Wanderers
1979	Wangaratta	Melrose Park Rangers
UNDER 14		
1974	Albury Hotspurs	Albury United
1975	Twin City Wanderers	Albury Hotspurs
1976	Albury Hotspurs	Twin City Wanderers
1977	Melrose Park Rangers	Twin City Wanderers
1978	Wodonga Diamonds	Twin City Wanderers
1979	Twin City Wanderers	Wodonga Diamonds
UNDER 12		
1974	Twin City Wanderers	Albury Hotspurs
1975	Melrose Park Rangers	Albury Hotspurs
1976	Albury Hotspurs	Wodonga Diamonds
1977	Twin City Wanderers	Albury
1978	Twin City Wanderers	Albury United
1979	Melrose Park Rangers	Twin City Wanderers
UNDER 10		
1974	Albury Hotspurs A	Albury Hotspurs B
1975	Albury Hotspurs	Twin City Wanderers
1976	Albury United	Twin City Wanderers
1977	Twin City Wanderers	Albury Hotspurs
1978	St. Patrick's	Albury Hotspurs
1979	Lavington A	Albury Hotspurs

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UNDER 8

1975	Albury United	Twin City Wanderers
1976	Twin City Wanderers	Albury Hotspurs
1977	Twin City Wanderers	Albury Hotspurs
1978	Lavington	Albury Hotspurs
1979	Lavington	Albury Hotspurs

CUP HONOURS 1974-1979

Season	Winners	Runners-up
SENIORS		
1974	Albury City	Melrose Park Rangers
1975	Albury Hotspurs	Albury City
1976	Albury City	Wodonga Diamonds
1977	Wodonga Diamonds	Myrtleford
1978	Albury City	Albury Hotspurs
1979	Albury City	Twin City Wanderers
UNDER 16		
1975	Twin City Wanderers	Albury United
1976	Twin City Wanderers	Albury United
1977	Melrose Park Rangers	Albury Hotspurs
1978	Twin City Wanderers	Melrose Park Rangers
1979	Wangaratta	Melrose Park Rangers
UNDER 14		
1975	Melrose Park Rangers	Twin City Wanderers
1976	Albury Hotspurs	St. Patrick's
1977	Twin City Wanderers	Melrose Park Rangers
1978	Wodonga Diamonds	Twin City Wanderers
1979	Albury United	Melrose Park Rangers
UNDER 12		
1975	Melrose Park Rangers	Albury United
1976	Albury United	Wodonga Diamonds
1977	Twin City Wanderers	Albury Hotspurs
1978	Twin City Wanderers	Albury United
1979	Twin City Wanderers	Melrose Park Rangers
UNDER 10		
1975	Twin City Wanderers	Albury Hotspurs
1976	Twin City Wanderers	Albury United
1977	Twin City Wanderers	Albury United
1978	Albury Hotspurs	Twin City Wanderers
1979	Lavington	Albury Hotspurs

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UNDER 8

1975	Albury United	Twin City Wanderers
1976	Albury Hotspurs	Melrose Park Rangers
1977	Albury Hotspurs	Twin City Wanderers
1978	Lavington	Albury Hotspurs
1979	Albury Hotspurs	Melrose Park Rangers

REPRESENTATIVE HONOURS

1974
- Under 12 — Runners up, Southern Branch Championship
- Under 18 — Runners up, Southern Branch Championship
- Under 12 — Winners, Southern Branch Championship

1975
- Under 16 — Winners, Southern Branch Championship

1976
- Seniors — Winners, Comet Cup
- Under 18 — Winners, Comet Cup
- Under 16 — Runners up, Comet Cup
- Under 14 — Winners, N.S.W. Country Championship
- Under 14 — Winners, Comet Cup
- Under 10 — Runners up, Comet Cup

1977
- Seniors — Winners, Comet Cup
- Under 18 — Winners, Comet Cup
- Under 16 — Winners, Comet Cup
- Under 12 — Runners up, Comet Cup
- Under 11 — Runners up, Comet Cup
- Under 10 — Winners, Comet Cup

1978
- Under 16 — Runners up, Southern Branch Championship
- Under 14 — Runners up, Southern Branch Championship
- Under 12 — Runners up, Southern Branch Championship
- Under 11 — Winners, Southern Branch Championship
- Under 10 — Runners up, Southern Branch Championship

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1979

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Under 12 — Albury-Wodonga Soccer Association
Under 13 — Griffith Soccer Association
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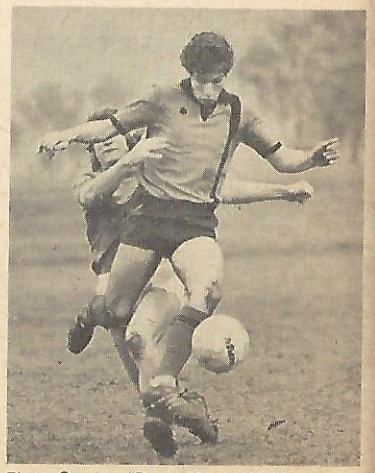
Under 15 — Albury-Wodonga Soccer Association
Under 16 — Griffith Soccer Association

ACTION SHOTS

Photo Courtesy "Twin City Post".

Photo Courtesy "Border Morning Mail".



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GOOD REASONS FOR THE REMOVAL OF AN ATHLETE FROM THE SPORTING ARENA

1. HEAD INJURY

Unconsciousness, however short, demands that the athlete be removed from the arena. Insist on complete rest under supervision in the first-aid station. If unconsciousness continues, carry and nurse in the "coma position" until the patient can swallow, cough or change position voluntarily. Assess and re-assess the patient's condition whilst unconscious, frequently ensuring that breathing is not obstructed by **maintaining** a clear airway by:

(a) Lifting the lower jaw forward and if necessary also the tongue forward;
(b) clearing any vomitus from the oral cavity or throat.

The frequency of the pulse (rate and strength) should also be taken. Record the observations so that when the doctor sees the patient these facts are known.

ALL unconscious patients must receive medical attention immediately. If consciousness returns, re-assure and relax the patient.

2. CONCUSSION

Any athlete involved in body contact sport and who receives a violent blow to the head is liable to concussion. This can be assessed by determining any loss of memory of the event, the immediate time following the event or even that prior to the head injury. The player may also be confused and disorientated in time and space. If any of these symptoms are present, the player must be removed from the field and medical attention sought. The player should rest and if a headache is present an ice pack should be applied to the forehead.

Future Training

No patient who has had a head injury should be allowed to train for **at least** five days and play before **14 days** or until post-concussive symptoms such as persistent recurring headaches have clearly subsided.

3. SUSPECTED SPINAL INJURY

Spinal injuries should be suspected if the patient complains of:

(a) Numbness or pins and needles below the level of the region in which the spinal injury is suspected; i.e. arms, hands, abdomen or legs.
(b) Any inability to move muscle groups in the limbs.
(c) Pain in the spinal region.

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If any of these symptoms occur, treat by removing from the field **preferably under medical supervision.** Pain in the neck region with the associated symptoms is particularly dangerous and great care must be taken to support the neck and head when the patient is moved. Support the natural curves of the spine with pillows.

4. SUSPECTED FRACTURE ANYWHERE

Remove the patient from the field. Support the injured part by bandaging and splinting to ensure as little movement as possible in the joints above and below the fracture. Elevate the injured part and arrange for a doctor to see the patient and an X-ray to be taken. After bandaging and splinting be certain that the circulation to the limb is not affected (check the pulse, the colour and the sensation of the limb below the fracture). Pain should be less. If not relieved, check and re-check. Pad all splints.

5. WOUNDS

Wounds which bleed freely or are large require urgent first-aid cleansing and bandaging and medical aid. Other minor wounds can be treated at leisure after the game. However, remember that any wound can be infected by bacteria if not cleaned thoroughly. **All** players should have current tetanus immunisation.

6. FOREIGN BODIES IN EYES, EARS OR NOSTRILS

Remove the player from field. Gently irrigate the eye or ear with water. If unsuccessful seek medical advice.

7. FACIAL INJURIES

Blows to the face, cuts to the eyes, lips, broken or suspected broken nose, teeth damage. The injured person should be removed from the field unless easily controlled. Proper definitive treatment must be arranged **that** day.

8. EXHAUSTION

More and more athletes are trying to break endurance records or are trying to push themselves beyond their fitness level. These athletes can harm themselves if they:

(a) do not eat properly;
(b) go beyond their point of physical capacity;
(c) are subject to extremes of temperature;
(d) receive too much punishment from their opponents, e.g. boxing.

9. SPECIAL PATIENTS

Epileptics, diabetics, asthmatics, etc., are quite common in even Olympic Games teams. Know your athlete, know the condition and the first-aid treatment. If they run into trouble they need your help.

10. UNDUE DISTRESS

This could be well due to over effort resulting in chest pain, cramp, giddiness, temporary blackouts, etc. Why keep them on the field? They will not help the side and they could injure themselves. They should be removed from the field and sent to a doctor for investigation.

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11. SPECIFIC AREAS OF DANGER IN SPECIAL SPORTS

Particular danger occurs in certain sports where opponents are mismatched or are unskilled in performance of a potentially dangerous sport. (The untrained scuba diver, the boxer who is mismatched and agrees to the contest for monetary gain or glory even if they will be beaten, are examples). The doctor and first-aider must know the sport he looks after and advise the players involved of the dangers. At the same time he must **know** his own **limitations**.

THE TREATMENT OF SPECIFIC INJURIES

Injuries are presented here according to anatomical regions, the parts most commonly injured being given priority.

Limbs are by far the most vulnerable part of the body, particularly in contact and team sports with the lower limbs being involved in more than half of all injuries.

This is hardly surprising since the lower limbs, beside being exposed to direct blows, are also constantly subjected to the stresses and strains of weight-bearing.

GENERAL PRINCIPLES OF TREATMENT OF ALL LIMB INJURIES

1. Prevent swelling using ice and bandaging. (Heat should not be applied in the first 48 hours following the injury).
2. Elevate the injured part.
3. Apply pressure over the injured part.
4. If a fracture is suspected, splint or support the area.
5. Control any haemorrhage.
6. Encourage early movement of the limb and exercise of the rest of the body.

LOWER LIMB INJURIES

Lower limb injuries require special attention because of the extra strain of weight-bearing placed on them. This means that treatment must be designed to allow movement either in the non-weight-bearing positioning or have the injured part well supported to prevent further damage.

BRUISING OR CONTUSION OF THE QUADRICEPS MUSCLES

In Australia this is commonly called a "cork leg". It is caused by a direct blow to the thigh. Apply an ice pack to the injured area for twenty minutes. Over the ice pack apply a firm bandage. Lie the patient on his stomach and have him flex the knee progressively. Tension must be maintained on the bandage to the limit of tolerance of pain. After twenty minutes remove the ice pack and re-bandage the area. The patient is now instructed to do half-squats. The ice treatment is repeated six-hourly for 24 hours and the exercise repeated ten times an hour. Gentle running can be commenced the following day followed by ice treatment and stretching. The results of this treatment are excellent and most of the patients are able to return to full training within seven days of the injury.

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STRAINS OF THE UPPER THIGH (OR MUSCLE TEAR)

ADDUCTOR STRAINS

Pain and tenderness over the inner thigh, particularly when the muscles are put on stretch gives the diagnosis. Ice treatment is instigated immediately with gentle stretching of the muscles over the next 24 hours. This is gradually increased with increasing vigour and later against resistance.

Physiotherapy and specific medicaments are also needed to quickly resolve the lesion. Adductor strains are particularly likely to recur if healing does not occur in the fully stretched muscle.

HAMSTRING STRAIN

The diagnosis is made from the history of something giving in the thigh with pain on running and a tendency to cramp. The strained area is tender.

Apply ice and pressure and start stretching. Continue stretching and restrengthening the muscle group. Running inside the limit of pain is beneficial but no sudden acceleration or deceleration is permitted. Stretching exercises must be continued long after healing has taken place to ensure a long relaxed muscle.

The results of this treatment are good. Physiotherapy and medical treatment can further shorten the recovery period.

BRUISING OF MUSCLES BELOW THE KNEE

Treatment follows general principles. The most important treatment is to arrest any further bleeding and swelling that can occur following a bruise. This is achieved by following the general principles already outlined. Heat should be avoided in the initial treatment of these injuries.

STRAINS OF MUSCLES BELOW THE KNEE

Calf muscle injuries are divided into two major types. Those affecting the muscle and those affecting the tendoachilles.

The first type is treated by ice and pressure bandage. Stretching is confined to those cases where tenderness is over a small area because there is frequently a tear in the muscle. Here, rest is achieved by raising the heel. Stretching in these cases is deferred for 4-5 days. Re-education of the muscle movement and strengthening is gradually introduced.

With tendoachilles strains, ice followed by physiotherapy and medication is necessary.

"SHIN SPLINTS"

This is a term used to describe bone, muscle and tendon soreness over the front of the lower leg. Ice and non-weight-bearing movements together with physiotherapy and medical treatment are necessary.

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CRAMPS

Cramp is a spasm of the muscles. It is commonly caused by:

(a) Overuse of the muscle.
(b) Unusual activity of the muscle.
(c) Salt loss in hot conditions.
(d) An inadequate blood supply to the muscles.

In practice the first-aider is only likely to encounter the first three varieties of cramps. Treatment of the first two causes of cramp requires muscle stretching to relieve muscle spasm. Patient should be removed from the ground and kept warm. Ice should NOT be applied to the affected muscle. The third type is caused when an athlete perspires excessively and salt is lost leading to cramping. In hot conditions, fluids containing salt at the rate of a teaspoon to a pint and glucose should be given freely. The last type occurs in the elderly athlete and if persistent, medical attention should be sought.

JOINTS OF THE LOWER LIMB

Joint injuries may affect:

(a) The tendons about the joint.
(b) The ligaments of the joint.
(c) The lining of the joint.
(d) Damage to the cartilages.
(e) The bony structures.

All joint injuries should be X-rayed.

1. HIP

The hip joint is one of the most stable in the body. Nevertheless, painful hip movements occur occasionally. Following confirmation of the clinical diagnosis, the patient should not exercise except to carry out non-weight-bearing exercises for 3-4 days.

2. KNEE

Damage to the Tendons

These are treated with ice and pressure support to the knee — physiotherapy is essential.

Damage to the Ligaments

It should be possible to diagnose this condition as soon as the injury occurs. Besides testing the range of joint movement, test also the integrity of the medical and lateral collateral and the cruciate ligaments. This should be done by the medical attendant.

Many injuries to ligaments are associated with effusion, but this is not invariably so, as it often depends on the efficacy of initial treatment. Apply an ice pack to the joint and bandage it firmly in place with a crepe bandage.

Elevate the entire limb. Maintain these conditions for about 20 minutes. Commence quadriceps exercises immediately. On removal of the ice pack, re-apply a dry crepe bandage and send the patient home on crutches. Medical re-assessment of the condition, together with radiology, is carried out in 24 hours.

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Damage to the Lining of the Joint

Fluid collects in the joint:

(a) Without recent history of direct violence.
Apply a firm pressure bandage (crepe) with ample cottonwool padding fashioned to permit movement of the knee cap. The patient is encouraged to adjust the tension if necessary for comfort or if the foot begins to swell. The foot should be rested in an elevated position. Alternatively, apply an ice pack over sponge rubber and bind with a crepe bandage. Commence quadriceps exercises at once. The patient should not bear weight on the limb without support until he is able to achieve the fully locked extension.

(b) With recent history of direct violence.
(The effusion may not appear for 2-4 hours after injury.) Radiological diagnosis is essential as soon as possible. Apply ice and a pressure bandage immediately.

Damage to the Cartilages of the Knee

Medical advice should be sought at once; it is frequently difficult to diagnose the condition definitely. Initial treatment should be complete rest and relaxation together with the application of ice and a pressure bandage.

No attempt should ever be made to manipulate the joint except by a skilled medical officer. If manipulation is attempted without anaesthetic the patient's confidence must be obtained and where the procedure is unsuccessful at the first attempt, it should not be repeated. Further management should be in the hands of an orthopaedic surgeon.

Bony Structures of Knee Joint

X-ray and suitable medical attention are essential.

Quadriceps Exercises

The aim of these exercises is to maintain functional efficiency in the group of large muscles on the front of the thigh, i.e. the quadriceps. These muscles waste very rapidly with any knee joint injury.

In the recumbent position, the patient tenses and relaxes the quadriceps alternatively attempting to push his knee downwards into the bench. It is helpful for the patient to have his hands resting on his thighs as he performs the exercise so that he can feel the alternative hardening and softening of the muscles as they contract and relax. Also with the knee fully extended, elevate the leg keeping the knee locked tight.

In the sitting position with the leg flexed and free to swing, the leg should be fully extended to the locked position. Adding weight to the foot (e.g. basket and a brick) is very useful to develop full strength of the muscles. The player should not commence competitive sport until the affected quadriceps muscles are as strong as the quadriceps on the uninjured side.

3. ANKLE

The ankle joint takes great loads, especially when subjected to twisting actions during "body contact" sports. An increased incidence of ankle injuries appears to have occurred with the introduction of

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the low-cut "ankle sparing" boots. Treatment is aimed at preventing the soft tissue swelling that invariably occurs. **There is NO TRUTH in the notion that if an ankle joint is firmly supported it will (1) weaken the ankle or (2) place greater loads on the knee joint.**

Sprained Ankle

The most common injury at this joint is damage to the lateral collateral ligament. The rate of recovery for ankle injuries is more rapid with early and efficient treatment than for any other injury. The converse is also true! Even minor ankle injuries respond to prompt treatment.

(a) Having ascertained the diagnosis, pour methylated spirits onto the athlete's foot and carry him from the field. Do not attempt to remove the boot until the patient is on the examination couch. Keep the foot in an elevated position.
(b) Apply an ice pack to the painful area and bind it on firmly with a crepe bandage. Maintain this for 20 minutes.
(c) Commence foot rotation exercises at once and instruct the patient to repeat them at hourly intervals for the next 48 hours.
(d) Send the patient home with the ankle firmly strapped and provide crutches for the first 48 hours. Strapping may require to be renewed after 24 hours.
(e) Although this treatment usually results in return to normal walking ability within 72 hours, it is important to provide special physiotherapy for the rehabilitation of the ankle mechanism. Failure to do this will result in recurrence.
(f) Prevention of further ligament tearing during the healing phase is essential. An adhesive non-stretch bandage should be applied with the foot flexed toward the knee as far as possible (i.e. maximum dorsiflexion and eversion).
(g) When the player resumes training and play, he should strap his affected ankle (and the other preferably) with a figure 8 crepe bandage over his sock. High cut boots should be worn and firmly laced.

Severe Damage to Ligaments of the Ankle

Ligamentous damage is regarded as severe when the medial (inside) ligament and the lateral (outside) ligament are both involved. The medial ligament is less frequently damaged but when it is, it is treated as a fracture and requires immobilisation in a plaster for several days. A medical opinion and radiological examination are essential. Severe ankle sprains (without a fracture) will require 2-3 weeks' treatment before normal activity can recommence.

FOOT

SOFT TISSUES

(a) Bruising of the dorsum of the foot is a common concomitant of faulty lacing of boots, but generally due to a direct blow. More extensive bruising may require the "ice and pressure" regime recommended above along with elevation.
(b) "Stubbing of toes" frequently causes bruising of one or more of the digits and may be accompanied by nail-bed damage. It is very relieving to the patient to permit the escape of

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bruised blood from under the nail, but the rules of asepsis must be observed. Hence, "drilling" of the nail must be carried out under conditions of surgical cleanliness.

BONES

Diagnosis of bony damage is essentially radiological, but when this sort of condition is suspected the athlete must not bear weight on the affected foot. Ideally, the injured part should be elevated and cooled. A temporary supportive splint may be applied with good effect, but should not surround the foot completely and should be well padded where it touches bony prominences. Further management should be in the hands of a medical attendant.

"MARCH" OR FATIGUE FRACTURE

This condition, unheralded as it is by a history of acute injury, may be suspected when local pain in the metatarsal bones persist for several weeks. The diagnosis depends on the finding of a bony swelling either by clinical or radiological examination. X-ray is clearly warranted. Treatment is in the hands of a medical attendant.

STRAINED PLANTAR ARCH

This condition is less commonly found in "contact sports" than in long-distance runners. It appears to be associated with periods of intensive training and the pain subsides as fitness increases.

It is generally unnecessary to provide arch supports, but some degree of support may be provided by adhesive strapping of the "figure 8" type.

Persistent pain may require to be treated by a short period of immobilisation. A medical opinion should be sought. A condition associated with this defect is "painful heel" which indicates involvement of the bony attachment of the ligaments supporting the arch of the foot. These conditions are not normally sudden in onset and should be treated by a doctor.

The suitability of the athlete's footwear should be carefully assessed.

FOOT BLISTERS

These should be entirely preventable if the feet are kept clean and as dry as possible during preliminary training. Two pairs of socks should be worn and they should be of an absorbent nature rather than water repellent. Cotton is better than nylon. All new footwear must be "broken in" before it is used in competitions. The safest form of treatment is application of paraffin gauze to the affected area. This is soothing, and by leaving the blister intact there is less risk of infection. If the blisters have already burst, allow the patient to take a shower and then apply topical antibiotic under a paraffin gauze dressing.

INJURIES TO THE UPPER LIMB

In contrast with the lower limb, the arm is a very much more mobile part. It may well be that this inherent mobility accounts for the comparative rarity of muscle contusions and tears in the upper limb. It is important to remember this important functional difference

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during the treatment of the more common injuries which are met with in Sports Medicine. All treatment should have as its ultimate aim, mobility of the upper limb as opposed to stability of the lower limb.

At the same time, it must be remembered that because of the greater mobility in the shoulder joints, sports techniques are developing which can place undue strain on the muscles and tendons about the shoulder and elbow joint. Constant attention must be paid to correct any error in these techniques.

SOFT TISSUE INJURIES

Those "soft tissue injuries" which occur in the upper limb involve mainly tendons and ligaments, but rarely the bellies of muscles. Treatment is along the same lines as that described for contusions of thigh muscles, the accent being on initial cooling and compression with subsequent vigorous mobilisation.

1. Injury of the Shoulder Region

Pain in the shoulder region, which is accompanied by restriction of movement, may be due to simple bruising, but is commonly caused by damage to the joint between the collar-bone and the outer extremity of the shoulder blade (acromioclavicular joint).

(a) **Acromioclavicular Sprain.**
Localised tenderness is maximal at the outer extremity of the collar-bone which may appear somewhat displaced. Apply an ice pack of sufficient size to cool the region of local tenderness — it must not extend into the small depression above the collar-bone. Apply a sling which supports the elbow, and rest for 48 hours.

(b) **Rotator Cuff Strain.**
The shoulder joint itself or the tendons which surround it may be damaged (rotator cuff strain). If this occurs, a pain is felt when the shoulder is lifted outwards above shoulder height and especially on rotation. The pain is often experienced below the shoulder. Tenderness is present over the shoulder joint area. Apply an ice pack and rest for 24 hours in a sling. Commence movement within pain-free limits as soon as possible, though intermittent use may be made of a supportive sling for a further 48 hours.

2. Tennis Elbow

This is commonly due to a traumatic condition in the tendon of the common extensor, origin at the elbow, or to bursitis in the same region. Medical advice is essential to differentiate these conditions from acute arthritis of the elbow. The initial treatment is ice and rest.

3. Tenosynovitis

This painful condition is the result of inflammation in the tendon sheaths usually around the wrist. Treatment with an ice pack and a period of rest (24 hours) is initially worthwhile.

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JOINT INJURIES

Injury to any joint of the upper limb should be examined radiologically forthwith.

1. STERNOCLAVICULAR JOINT DISLOCATION

Immobilise in a sling with elbow flexed and forearm horizontal.

2. ACROMIOCLAVICULAR JOINT DISLOCATION

Immobilise in a sling with the elbow flexed. Place a firm pad of sponge rubber over the affected joint, which incorporates the elbow and shoulder position, and strap it down by continuous U-bandaging.

3. SHOULDER JOINT DISLOCATION

No attempt should be made to manipulate the injured joint on the field whether it is a recurrent condition or not. Apply a sling with the arm in the position of minimum discomfort and arrange for an X-ray. Early reduction is essential and must be carried out by a medical officer. Encourage the patient to move wrist and fingers by clenching and opening the hand repeatedly.

4. ELBOW JOINT DISLOCATION

Apply a sling in the position of minimum discomfort and refer the patient to hospital. Feel for the radial pulse and observe finger movements at 15-minute intervals on the way to hospital. If the pulse is absent, medical attention is extremely urgent.

5. WRIST JOINT DISLOCATION

Immediate radiological diagnosis is essential. Apply ice pack to the region of the wrist and place the limb in a sling so that the hand is elevated.

6. METACARPOPHALANGEAL AND INTERPHALANGEAL JOINT DISLOCATION

Reduce the deformity as soon as possible, cool for 10 minutes and encourage hand movement. Where the listal inter-phalangeal joint has been dislocated, it should be placed in the position recommended for "mallet finger" as soon as possible and this position may require to be maintained for three weeks.

FRACTURES

1. CLAVICLE (COLLAR-BONE)

Apply a "figure 8" calico bandage over large cotton wool axillary pads. Alternatively, apply a triangular bandage as a sling so that the tip of the elbow is well supported. The axilla should be well padded and a large body bandage applied to include the arm on the injured side.

2. SCAPULA (SHOULDER BLADE)

The diagnosis depends on X-ray confirmation. Treat expectantly with a collar and cuff sling.

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3. SURGICAL NECK OF HUMERUS

Immobilise in a sling on suspicion; refer immediately for X-ray and orthopaedic supervision.

4. SHAFT OF HUMERUS

Bandage the affected arm to the chest wall and apply a collar and cuff sling. Encourage hand finger movements from the start.

5. SUPRACONDYLAR FRACTURE OF HUMERUS

Apply a collar and cuff sling and hold the arm in the position of minimum discomfort.

6. FOREARM

Apply a splint as soon as possible, and place the arm in a sling so that the hand is elevated. X-ray is essential as is subsequent supervision by a medical officer.

7. FRACTURE OF CARPEL, METACARPEL AND PHALANGEAL BONES

These must also be diagnosed radiologically. They are orthopaedic problems and require medical supervision.

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		Amount
1.	A good antiseptic and cleansing agent, such as aqueous Hibitane (IC) solution	50 mls
2.	Tulle Gras (Vaseline gauze)	Smallest pack available
3.	Sterile gauze squares	Small pack
4.	Open Wove bandages (cotton)	
	1 inch width	6
	3 inch width	6
5.	(a) Scissors and safety pins	
	(b) Plain forceps	1 pair
6.	Calico bandages 3 inch width	3
7.	Cotton wool (roll)	Large pack
8.	Crepe bandages	
	3 inch width	6
	6 inch width	3
9.	Triangular bandages (calico)	3
10.	Surgical adhesive tape	
	1 inch width	1 roll
	3 inch width	1 roll
11.	Surgical spirit	50 mls
12.	Methylated Spirits (commercial)	½ litre

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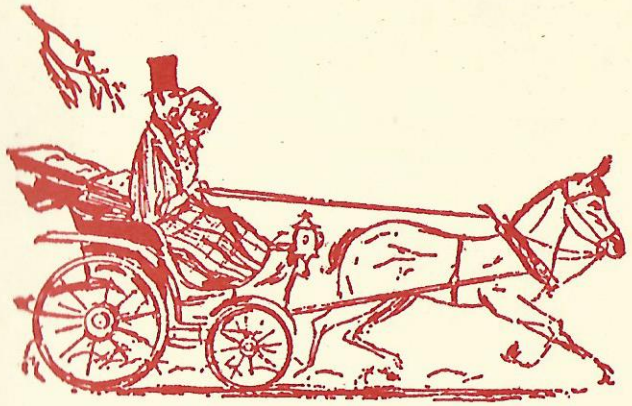

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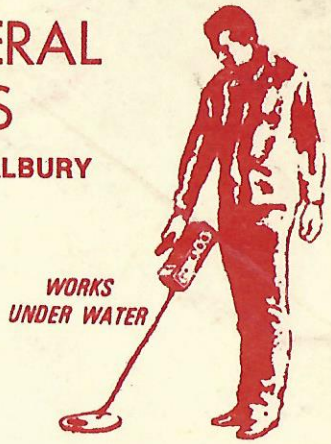

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